

March 2019 Frozen Meals




Meals on Wheels of Central Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1) Baked Chicken w/Apricot Mustard Sauce Macaroni & Cheese Green Beans Wheat Bread w/Marg Tropical Fruit Grape Juice Milk	2) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers Diced Pears Orange Juice Milk	3) Fajita Chicken Mexican Rice Fiesta Vegetables Flour Tortilla Fruit Cocktail Cranberry Juice Milk
4) BBQ Beef Riblet Baked Beans Collard Greens Wheat Hamburger Bun Tropical Fruit Cranberry Juice Milk	5) Southwest Chicken Spanish Rice Mexicali Vegetables Wheat Bread Mandarin Oranges Grape Juice Milk	6) Salisbury Steak w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Diced Pears Orange Juice Milk	7) Cheese Lasagna Roll Up w/Marinara Sauce Corn Green Peas Italian Bread w/Marg Tropical Fruit Apple Juice Milk	8) Baked Chicken w/County Gravy Mashed Spiced Yams Broccoli Biscuit w/Marg Diced Peaches Apple Juice Milk	9) Turkey Meatballs w/Sweet & Sour Sauce Brown Rice Sliced Carrots Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk	10) Hamburger Crispy Cubed Potatoes Mixed Vegetables Wheat Hamburger Bun w/Ketchup & Mayo Fruit Cocktail Cranberry Juice & Milk
11) Creamy Chicken Tikka Yellow Rice Mixed Vegetables Naan Bread w/Marg Pineapple Tidbits Cranberry Juice Milk	12) Cabbage Roll w/Marinara Sauce Whipped Potatoes Green Beans Wheat Bread w/Marg Cinnamon Applesauce Orange Juice Milk	13) Baked Chicken w/Old Bay Cream Sauce Lima Beans Sliced Carrots Biscuit w/Marg Fruit Cocktail Orange Juice Milk	14) Beef Santa Fe Chili Brown Rice Spinach Saltine Crackers Diced Pears Cranberry Juice Milk	15) Baked Chicken Breast Crispy Cubed Potatoes Green Peas Wheat Hamburger Bun Ketchup & Mayo Spiced Apples Orange Juice Milk	16) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Diced Peaches Cranberry Juice Milk	17) Baked Chicken w/Cacciatore Sauce Whole Grain Rotini Broccoli Italian Bread w/Marg Fruit Cocktail Orange Juice Milk
18) Baked Chicken w/Creamy Pesto Sauce Garlic Parm Orzo Ratatouille Wheat Roll w/Marg Tropical Fruit Grape Juice Milk	19) Sliced Turkey w/Supreme Sauce Roasted Diced Potatoes Green Peas Dinner Roll w/Marg Diced Pears Cranberry Juice Milk	20) BBQ Chicken Black Eyed Peas Collard Greens Wheat Bread w/Marg Pineapple Tidbits Cranberry Juice Milk	21) Baked Meatballs w/Sweet & Sour Sauce Brown Rice Broccoli Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk	22) Sliced Turkey w/Gravy Diced Rosemary Potatoes Glazed Carrots Wheat Bread w/Marg Fruit Cocktail Orange Juice Milk	23) Turkey A La King Egg Noodles Green Peas Biscuit w/Marg Pineapple Tidbits Cranberry Juice Milk	24) Beef Fiesta Mac Corn Green Beans Wheat Roll w/Marg Diced Pears Orange Juice Milk
25) Corned Beef Roasted Diced Potatoes Cabbage & Carrots Rye Bread w/Marg Fruit Cocktail Cranberry Juice Milk	26) Baked Chicken Breast w/Honey Balsamic Sauce Mashed Spiced Yams Broccoli Wheat Roll w/Marg Pineapple Tidbits Apple Juice Milk	27) Salisbury Steak w/Gravy Scalloped Potatoes Green Beans Wheat Bread w/Marg Diced Pears Cranberry Juice Milk	28) Baked Chicken w/Creole Sauce Lima Beans California Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk	29) Creole Steak Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice Milk	30) Breaded Chicken Patty Crispy Cubed Potatoes Sliced Carrots Wheat Hamburger Bun Ketchup & Mayo Applesauce Orange Juice Milk	31) Beef w/Peppers & Onions Gravy Black Eyed Peas Mixed Greens Wheat Roll w/Marg Tropical Fruit Cranberry Juice Milk

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				1) Beef w/Peppers & Onion Gravy Black Eyed Peas Mixed Greens Wheat Roll w/Marg Diced Pears Fortified Juice		
4) Swedish Turkey Meatballs Whole Grain Penne Mixed Vegetables Wheat Bread w/Marg Tropical Fruit Fortified Juice	5) Creole Steak Scalloped Potatoes Glazed Carrots Dinner Roll w/Marg Pineapple Tidbits Fortified Juice	6) Honey Mustard Chicken Confetti Rice Broccoli Wheat Roll w/Marg Diced Peaches Fortified Juice	7) Beef Patty w/Country Gravy Lima Bean California Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice	8) Beef Hot Dog Baked Beans Country Vegetables Wheat Hot Dog Bun Mustard & Ketchup Pineapple Tidbits Fortified Juice		
11) Beef Chili w/Beans Corn Mixed Greens Saltine Crackers Diced Pears Fortified Juice	12) Sliced Turkey w/Gravy Whipped Potatoes Glazed Carrots Wheat Roll w/Marg Fruit Cocktail Fortified Juice	13) Sweet & Sour Meatball Garden Medley Rice Japanese Vegetables Dinner Roll w/Marg Tropical Fruit Fortified Juice	14) Honey Baked Chicken Mashed Spiced Yams Broccoli Wheat Bread w/Marg Diced Peaches Fortified Juice	15) Bourbon Style Chicken Baked Beans Garden Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice		
18) Creole Steak Garlic & Red Pepper Penne Italian Vegetables Wheat Bread w/Marg Mandarin Oranges Fortified Juice	19) Baked Chicken w/Gravy Macaroni & Cheese Broccoli Wheat Roll w/Marg Mixed Fruit Fortified Juice	20) Beef w/Mushroom Gravy Au Gratin Potatoes Stewed Tomatoes Wheat Roll w/Marg Tropical Fruit Fortified Juice	21) Cured Turkey w/Pineapple Sauce Lima Beans Glazed Carrots Dinner Roll w/Marg Diced Pears Fortified Juice	22) Baked Chicken w/Maple Mustard Sauce Rice Pilaf Green Peas Wheat Bread w/Marg Cinnamon Applesauce Fortified Juice		
25) Baked Chicken w/Gravy Brown Rice Sliced Carrots Wheat Bread w/Marg Mixed Fruit Fortified Juice	26) Beef w/Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Diced Pears Fortified Juice	27) Sliced Turkey w/Gravy Lima Beans Country Vegetables Wheat Roll w/Marg Tropical Fruit Fortified Juice	28) Roast Beef w/Gravy Cut Yams Green Peas Dinner Roll w/Marg Diced Peaches Fortified Juice	29) BBQ Chicken Breast Macaroni & Cheese Spinach Wheat Roll w/Marg Fruit Cocktail Fortified Juice		

TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL YOUR REGIONAL OFFICE.
ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 11:00 A.M. THE DAY PRIOR
MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

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